

Nutrition statements and the associated response ratings from the study participants

No	Nutrition & health related statements	Rating of responses [% (N)]				
		Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1.	As one ages, it is necessary to drink water only when thirsty	8.3 (10)	29.2 (35)	4.2 (5)	43.3 (52)	15.0 (18)
2.	A healthy diet contains varied foods necessary to meet nutrients needs of the body	20.8 (25)	53.3 (64)	5.0 (6)	19.2 (23)	1.7 (2)
3.	Physical activity should be reduced during old age	5.0 (6)	25.2 (29)	2.5 (3)	38.3 (46)	30.0 (36)
4.	Constipation is a result of ageing and the use of laxatives is the only solution	23.4 (28)	24.2 (29)	0	44.2 (53)	8.2 (10)
5.	Consuming fruits and vegetables daily is essential for good health	42.5 (51)	46.6 (56)	1.6 (2)	6.7 (8)	2.5 (3)
6.	It is necessary for the elderly to take nutrient supplements to complement meals	14.2 (17)	40.8 (49)	10.0 (12)	10.0 (12)	27.5 (33)
7.	Nutrition has a role to play in the prevention of diseases and the promotion of health	19.2 (23)	52.5 (63)	11.6 (14)	6.7 (8)	10.0 (12)
8.	Older adults require high quantities of protein for maintenance of body tissues	7.5 (9)	49.1 (59)	10.0 (12)	9.2 (11)	24.2 (29)
9.	Obese persons can be malnourished	21.6 (26)	48.3 (58)	3.3 (4)	16.7 (20)	10.0 (12)
10.	Older persons could skip meals if loss of appetite for food	11.7 (14)	63.3 (76)	1.6 (2)	5.8 (7)	32.5 (3)